

PATIENT FOOD DIARY

Day of the Week	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime Snack
Monday						
Carbs						
Blood Sugar						
Tuesday						
Carbs						
Blood Sugar						
Wednesday						
Carbs						
Blood Sugar						

PATIENT LABEL

Day of the Week	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime Snack
Thursday						
Carbs						
Blood Sugar						
Friday						
Carbs						
Blood Sugar						
Saturday						
Carbs						
Blood Sugar						
Sunday						
Carbs						
Blood Sugar						

PATIENT LABEL